



Certified Occupational Safety Specialist

Brief description:

Certified Occupational Safety Specialist (COSS) is a unique, curriculum-based program that builds a solid foundation in both General Industry (CFR 1910) and Construction (CFR 1926) knowledge for the beginning safety practitioner as well as the experienced safety professional. COSS meets the requirements outlined in ANSI Z490.1 – Criteria for Accepted Practices in Safety, Health, & Environmental Training Standard.

The course consists of 40 hours of hands-on, instructor-led learning, delivered by OSHA-authorized trainers. The course is designed to equip workers with the core competencies they need to succeed in occupational safety and health.

Long description:

Certified Occupational Safety Specialist (COSS) is a unique, curriculum-based program that builds a solid foundation in both General Industry (CFR 1910) and Construction (CFR 1926) knowledge for the beginning safety practitioner as well as the experienced safety professional. COSS meets the requirements outlined in ANSI Z490.1 – Criteria for Accepted Practices in Safety, Health, & Environmental Training Standard.

The course consists of 40 hours of hands-on, instructor-led learning, delivered by OSHA-authorized trainers. The course is designed to equip workers with the core competencies they need to succeed in occupational safety and health.

Case studies and workshops are used extensively to bring learning objectives into focus. Student presentations, daily quizzes, practical reviews and a comprehensive final exam allow students to demonstrate their competencies in the class. By learning how to promote safety on a jobsite, COSS graduates will have the knowledge necessary to help lower fatalities, near misses and OSHA citations.

Key to the program is the COSS Model, which focuses on four steps to providing a workplace free of recognized hazards. It enables newly appointed safety and health representatives to reach a higher level of understanding. Many experienced safety and health professionals who have completed the COSS class have used the COSS Model to successfully manage their safety processes.

COSS graduates will be able to:

- Determine the true cost of accidents
- Calculate total recordable incident rates
- Search company and public records to assess where the likelihood of an accident may lie
- Master the use of the Code of Federal Regulations (construction and general industry)
- Identify hazards, determine regulatory requirements, implement corrective actions and train personnel in required changes
- Complete risk analyses for key jobs and processes
- Perform thorough accident investigations
- Develop and implement a safety audit and inspection program
- Communicate corporate safety initiatives and goals
- Develop and maintain company safety plans and manuals